

BLADEZ®
F I T N E S S



BLADEZ®
F I T N E S S
QUANTUM

OWNER'S MANUAL

ASSEMBLY OPERATION MAINTENANCE
WARRANTY PARTS ORDERING

CAUTION: Exercise of a strenuous nature, as is customarily done on this equipment, should not be undertaken without first consulting a physician. No specific health claims are made or implied as they relate to the equipment.

IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference.

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IMPORTANT SAFETY ADVICE

This machine has been designed and constructed to provide maximum safety.

Nevertheless, certain precautions should be taken when using exercise equipment. Read the entire manual before assembling and using the machine. The following safety precautions should also be observed.

1. Keep children or pet away from this equipment at all times. Do not leave them unsupervised in the room where this machine is kept
2. It can only be used by one person at a time
3. If you experience dizziness, nausea, chest pains or any other symptom while using this machine, STOP the exercise, SEEK MEDICAL ATTENTION IMMEDIATELY!
4. Use the unit on a place mat, level and on solid surface. Adjust footing for assured stability if equipped
5. Keep hands well away from any of the moving parts
6. Wear clothing suitable for doing exercise. Do not use baggy clothing that might get caught up in the machine. Always wear running shoes or trainers when using the machine
7. This machine must only be used for the purposes described in this manual do not use accessories that are not recommended by the manufacturer
8. Do not place sharp objects near the machine
9. People with physical limitation should not use the machine without the assistance of a qualified person or a doctor
10. Do warm up stretching exercises before using the equipment
11. Do not use the machine if it is not working properly
12. Before using the machine, thoroughly inspect the machine for proper assembly
13. A perimeter distance of 3 feet / 1 meter is required before operating the unit
14. This machine is not suitable for therapeutic use
15. This machine should only be used after a thorough review of the operation manual and the warning labels. Illegible labels or warnings must be replaced and ordered through BH North America Corporation
16. The weight of the user must not exceed 300 lbs. (136 kg)

CAUTION: Consult your doctor before beginning to use the machine. This advice is especially important for those over 35 years of age or suffering from health problems. Read all of the instructions before using any exercise equipment

KEEP THESE INSTRUCTIONS SAFE FOR FUTURE USE

EXERCISE INSTRUCTIONS

Exercise offers various benefits; it will improve fitness, muscle tone and when used in conjunction with a calorie controlled diet, it will help you to lose weight.

TRAINING GUIDELINES

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:

Increased capacity for physical work (strength endurance)

Increased cardiovascular (heart and arteries/veins) and respiratory efficiency

Decreased risk of coronary heart disease

Changes in body metabolism, e.g. losing weight

Delaying the physiological effects of age

Physiological effects, e.g. reduction in stress, increase in self-confidence, etc.

Basic Components of Physical Fitness

There are 4 all encompassing components of physical fitness and we need to briefly define and clarify their roles:

STRENGTH

Is the capacity of a muscle to exert a force against resistance. Strength contributes to power and speed and is of great importance to a majority of sports people.

MUSCULAR ENDURANCE

Is the capacity to exert a force repeatedly over a period of time, e.g. it is the ability of your legs to carry you 10 Km without stopping.

FLEXIBILITY

Is the range of motion about a joint. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness, and provides increased resistance to muscle injury or soreness.

CARDIO-RESPIRATORY ENDURANCE

Is the most essential component of physical fitness. It is the efficient functioning of the heart and lungs.

AEROBIC FITNESS

The largest amount of oxygen that you can use per minute during exercise is called your maximum oxygen uptake (MVo₂). This is often referred to as your aerobic capacity

OXYGEN UPTAKE

The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased MVO₂ indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen and of the muscles to take up oxygen.

ANAEROBIC TRAINING

This means “without oxygen” and is the output of energy when the oxygen supply is insufficient to meet the body’s long term energy demands. (For example, 100 meter sprint).

THE TRAINING THRESHOLD

This is the minimum level of exercise which is required to produce significant improvements in any physical fitness parameter.

PROGRESSION

As you become more fit, a higher intensity of exercise is required to create an overload and therefore provide continuous improvement

TRAINING GUIDELINES (cont'd)

OVERLOAD

This is where you exercise at a level above that which can be carried out comfortably. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually increased as the body adapts to the increasing demands. As your fitness level improves, the training threshold should be raised. Working through your program and gradually increasing the overload factor is important.

SPECIFICS

Different forms of exercise produce different results. The type of exercise that is carried out is specific both to the muscle groups being used and to the energy source involved.

There is little transfer of the effects of exercise, i.e. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

REVERSIBILITY

If you stop exercising or do not do your program often enough, you will lose the benefits you have gained. Regular workouts are the key to success.

WARM UP

Every exercise program should start with a warm up where the body is prepared for the effort to come. It should be gentle and preferably use the muscles to be involved later.

Stretching should be included in both your warm up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise.

WARM DOWN OR COOL DOWN

This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If it is not returned promptly to the central circulation, pooling of blood may occur in the muscles.

HEART RATE

As you exercise, the rate at which your heart beat increases. This is often used as a measure of the required intensity of exercise. You need to exercise hard enough to condition your circulatory system, and increase your pulse rate, but not enough to strain your heart.

Your initial level of fitness is important in developing an exercise program for you. If you are starting off you can get a good training effect with a heart rate of 110-120 beats per minute (BPM). If you are more fit, you will need a higher threshold of stimulation.

To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum. If you find this is too easy, you may want to increase it, but it is better to lean on the conservative side.

As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves. The following table is a guide to those who are "starting fitness".

Age

Target heart Rate	25	30	35	40	45	50	55	60	65
10 Second Count	23	22	22	21	20	19	19	18	18
Beats per Minute	138	132	132	126	120	114	114	108	108

TRAINING GUIDELINES (cont'd)

Pulse Count

The pulse count (on your wrist or carotid artery in the neck, taken with two index fingers) is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 seconds is long enough for accuracy, (b) the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count is not as accurate.

The target is not a magic number, but a general guide. If you're above average fitness, you may work quite comfortably a little above that suggested for your age group.

The following table is a guide to those who are keeping fit. Here we are working at about 80% of maximum.

Age	25	30	35	40	45	50	55	60	65
Target heart Rate									
10 Second Count	26	26	25	24	23	22	22	21	20
Beats per Minute	156	156	150	144	138	132	132	126	120

Don't push yourself too hard to reach the figures on this table. It can be very uncomfortable if you overdo it. Let it happen naturally as you work through your program. Remember, the target is a guide - not a rule, a little above or below is just fine. Besides, heart rate measure through the devices on this machine including the wireless receiver is not exact to a single beat of your heart but rather a rough guide. **Do not use this heart rate reading for medical purpose.**

Two final comments:(1) don't be concerned with day to day variations in your pulse rate, being under pressure or not enough sleep can affect it;(2) your pulse rate is a guide, don't become a slave to it.

Muscle Soreness

For the first week or so, this may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days. If you experience major discomfort, you may be on a program that is too advanced or you have increased your program too rapidly.

If you experience PAIN during or after exercise, your body is telling you something. **Stop** exercising and consult your doctor.

What to Wear

Wear clothing that will not restrict your movement in any way while exercising. Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more than you normally would while exercising, gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. It is advisable to wear a pair of gym or running shoes or "sneakers".

Breathing during Exercise

Do not hold your breath while exercising. Breathe normally as much as possible. Remember, breathing involves the intake and distribution of oxygen, which feeds the working muscles.

Rest periods

Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again. The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half minute to one minute rest periods.

TRAINING GUIDELINES (cont'd)

STRETCHING

Stretching should be included in both your warm up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise. Movements should be performed slowly and smoothly, with no bouncing or jerking. Move into the stretch until slight tension, not pain, is felt in the muscle and hold for 20-30 seconds. Breathing should be slow, rhythmical and under control, making sure never to hold your breath.

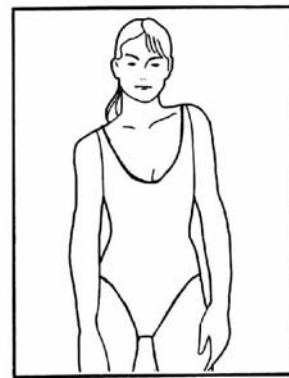
Head Roll

Rotate your head to the right for one count, feeling the stretch up the side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count



Shoulder Lifts

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



Side Stretches

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm



Quadriceps Stretch

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your right heel as close to your buttock as possible. Hold for 15 counts and repeat with left foot up



TRAINING GUIDELINES (cont'd)

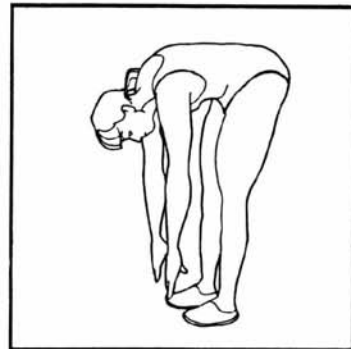
Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Put your feet as close into your groin as possible. Gently push your knees towards the floor. Hold your mouth open. Rotate your head to the left for 15 counts.



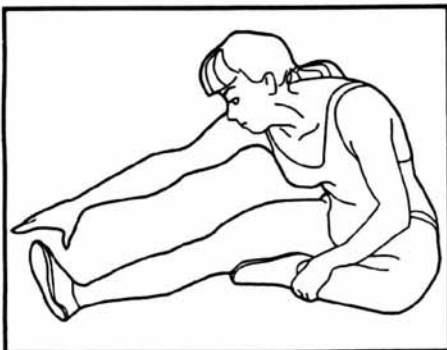
Toe Touches

Slowly bend forward from your waist, letting your back and shoulder relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



Hamstring Stretches

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



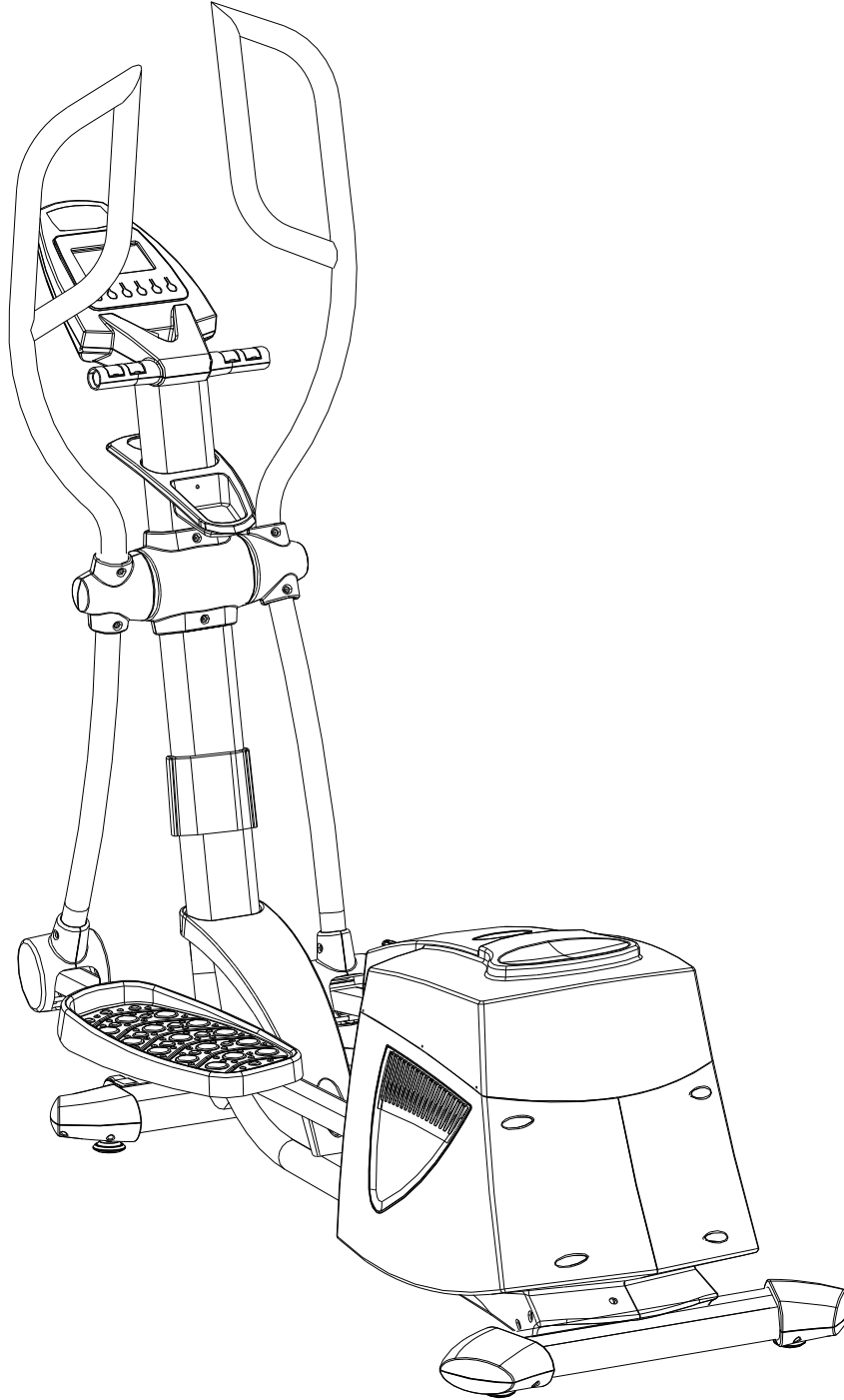
Calf/Achilles Stretch

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.



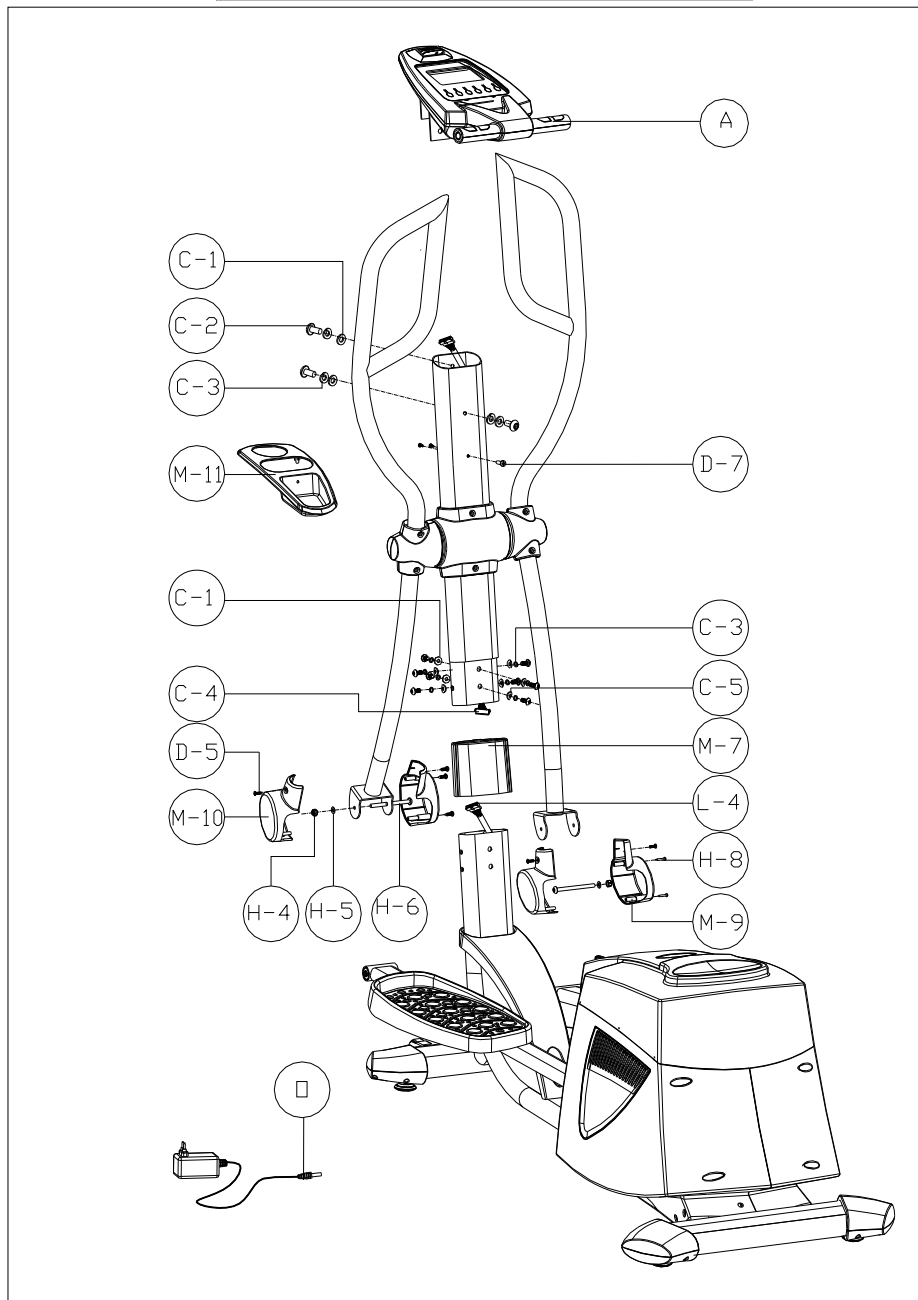
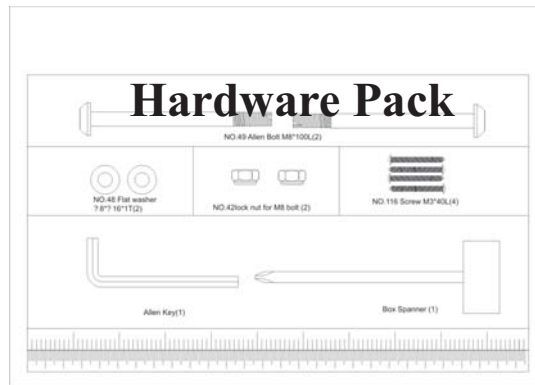
PRE-ASSEMBLY

Notice: Line sketches used in this section are for reference only. They do not necessarily reflect the actual unit in detail.



If you are missing parts or require information on how to operate this product please call 866-325-2339

PRE-ASSEMBLY (cont'd)

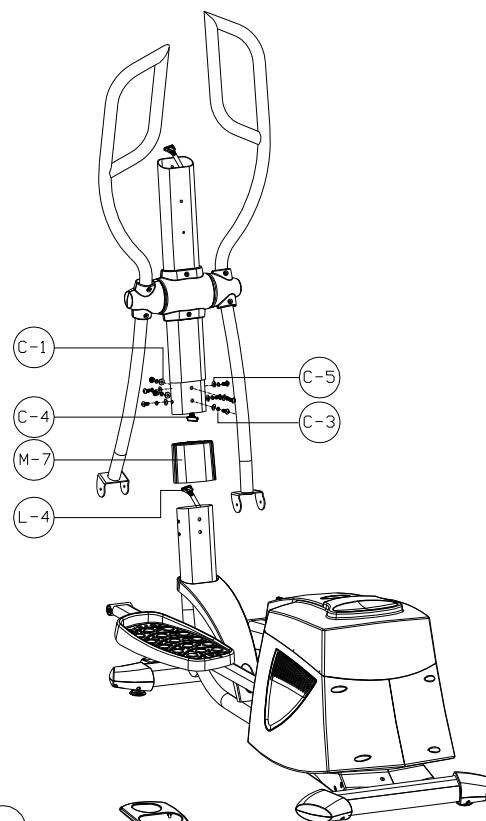


ASSEMBLY INSTRUCTIONS

Note: *Assembly of this unit should take TWO persons about 45 minutes to properly assemble.*

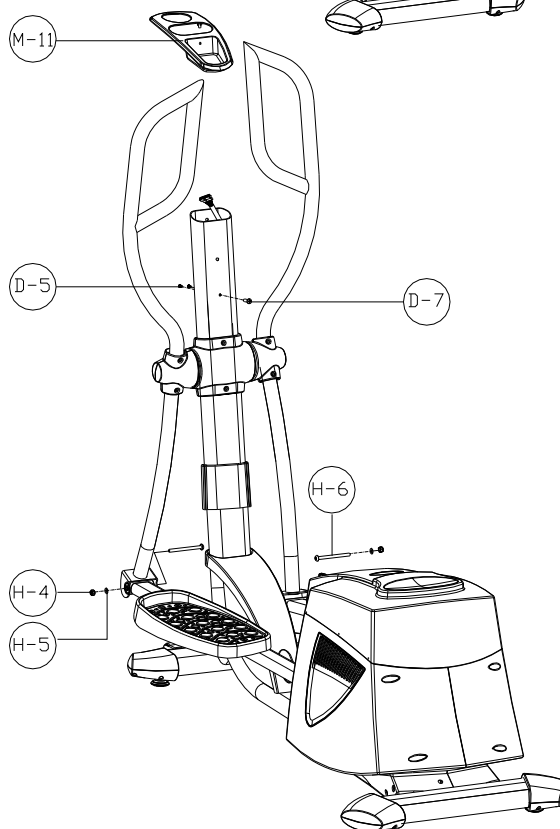
Main Frame Assembly

1. Slide the Upright Cap (M-7) into the upper Upright assembly.
2. Attach the connector (L-4) to the main connector (C-4) from the Upright assembly
3. Insert the Upright assembly to the base (be careful not to pinch wires)
4. Secure with bolts, washers and lock washers (C-1, C-3, C-5) then slide the cap down to cover the joint



Pedal & Accessory Assembly

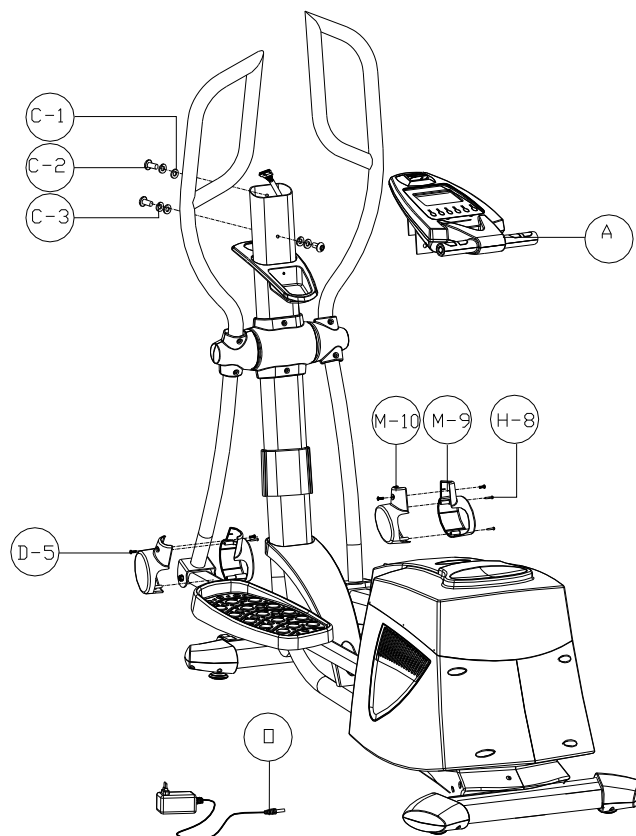
1. Attach the Pedal tube to the Swing Arm bracket
2. Secure the joint with bolts (H-6) washers (H-5) and Nuts (H-4)
3. Slide the accessory tray (M-11) down the Upright tube and secure with screw (D-7) and screw (D-5)



ASSEMBLY INSTRUCTIONS (cont'd)

Decorative Covers & Console

1. Snap the decorative covers (M-9 & M-10) onto the pedal joint and secure with screws (H-8) and screws (D-5)
2. Mate all cables to their prospective connectors as keyed
3. Attach the console (A) to the bracket on the Upright and secure with bolts(C-2), lock washers (C-3) and washers (C-1)



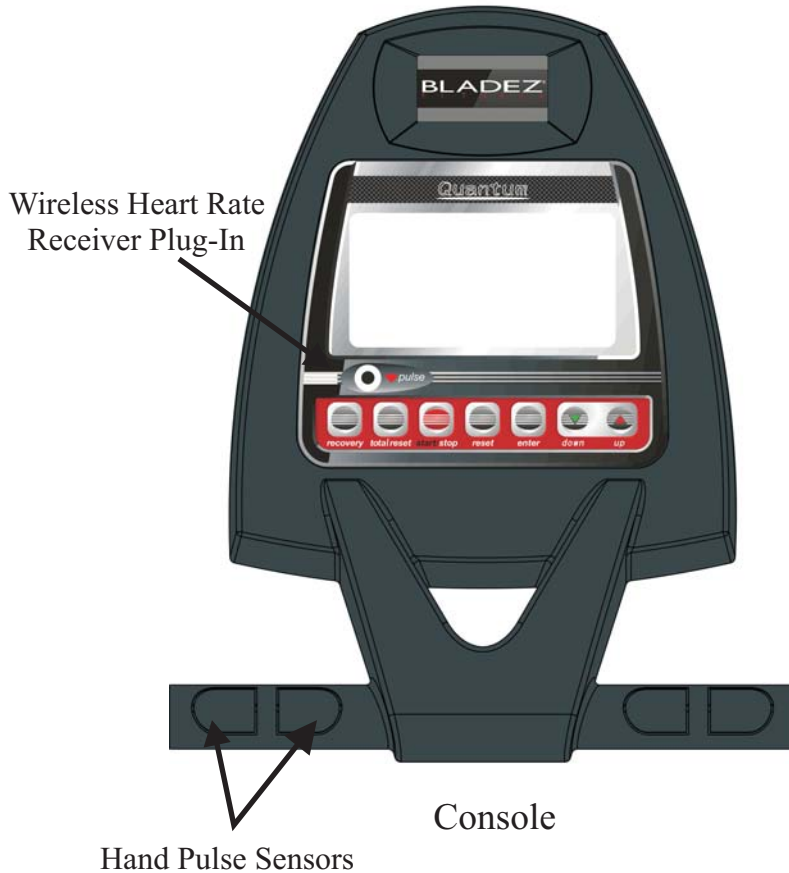
Moving & Storage

This unit is provided with moving wheels on the Front Stabilizer to make it easier to move. To move the machine about, lift from the rear of the machine until the weight is transferred or rested on to the wheels then push.



Moving Wheels

CONSOLE OPERATIONS



Wireless Heart Rate Receiver Module



As soon as the pedals are in motion, the console is powered by the chassis backup battery and instantly lit up. The AC adaptor provided must be plugged in to power the console as well as to charge the chassis battery.

As power applied, the console displays **U4** (flashing)

1. To set personal data, use **UP** or **DOWN** buttons on the console (see note immediately below) to select **U1** (User number 1) to **U4** (User number 4) as the user's identification and press **ENTER** to accept.
2. Training selection of Manual, Program, User & Target Heart Rate will flash. Press **UP** or **DOWN** to select the desired training mode in **MANUAL** or **PROGRAM** (12 different profiles) or **USER** or **TARGET HEART RATE** control (4 different options for training). If training with **TARGET HEART RATE** control mode, you need to input **AGE** data, and press **ENTER** proceed to next step.
3. Use **UP** or **DOWN** to adjust the training **LOAD RESISTANCE** level from **1** to **16** under **MANUAL**, **PROGRAM** and **USER** mode.
4. Use **UP** or **DOWN** to preset training function data, when each function data has been preset, press **MODE/ENTER**.

CONSOLE OPERATIONS (cont'd)

Available preset training functions:

- **TIME:** Range 00:00 to 99:00, increment by 1:00 (minute).
- **DISTANCE:** Range 00:00 to 99:00, increment by 0.10 mi.
- **CALORIES:** Range 0 to 990, increment by 10 cal.
- **WATTS:** Range 10 to 350, increment by 5 watt (**WATT** can be preset under **MANUAL** mode only)
- **PULSE** Range 30 to 240, increment by 1 BPM (not applicable in **TARGET H.R** control mode)

1. Press **START/STOP** button to start training.

Training Mode Instruction:

As soon as you press **START/STOP** button, the computer starts the workout:

- A. Training with **PRESET TIME**:

If you have preset **TIME**, this time is divided into 16 equal parts for each segment of the profile.

- B. Training without preset time:

If you do not set **TIME**, each segment of the profile progresses to the next every 0.1 mi.

- C. Training in **MANUAL** :

You may adjust the load (resistance) level from 1 to 16 during training if you did not preset **WATT** parameter. On the other hand, if you have preset **WATT**, load level will auto-adjust depending on current speed and Watt values you are exercising at.

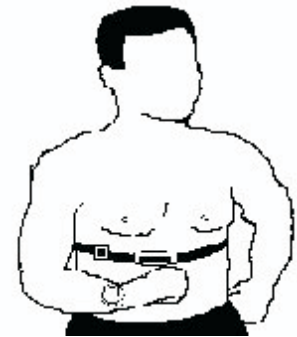
There are four different symbols on the display associated with your training:

▲ : **WATT** measured too high; you need to slow down the training speed.

● : **WATT** measured as preset; you can keep current training speed.

▼ : **WATT** measured too low. You need to speed up the training speed.

■ ■ ■ : Heart rate is not detected. You need to either hold on to the Hand Grips or plug in the wireless receiver and wear chest strap*.



**Wearing Chest Strap*
for Wireless Heart Rate**

* Optional Heart Rate Chest Strap not included (available for purchase through BH North America Corp.)

When the **WATT** is out of spec, the computer sounds 3 audible beeps/second as a reminder of the **Watt** value. If you keep training under this mode for over 3 minutes, the audible alarm doubles up to 6 beeps for 30 seconds, and the system **STOP** automatically. At this moment, **LOAD** level is down to 1, and preset **WATT** data is zero. During the **ALARM** period, you can stop **ALARM** by pressing any function buttons.

- D. Training with 12 profiles

You can adjust the load difficulty during training any time.

CONSOLE OPERATIONS (cont'd)

E. Training in **TARGET H.R. control**

The load difficulty will be auto-adjusted according to the current heart rate received. There are 2 ways the console receives your heart rate:

- Through both of the Hand Grip Sensor handles at the bottom of the console
- Through the console plug-in Wireless Receiver Module. A heart rate chest strap (optional accessory available for purchase) must be worn throughout the workout

If your heart rate is under the targeted value, the load difficulty will increase one level each 30 seconds, up to the maximum level 16. As soon as your heart rate is achieved at the target pulse, load difficulty will decrease one level immediately, and keep decreasing one level each 15 seconds until level reaching level 1.

If the heart rate received is still over (or equal to) the targeted value for 30 seconds when tension is already at level 1, the console will **STOP** and sounds 6 audible beeps to remind you as the training protection.

To stop your training:

F. Training with **PRESET** function data:

As soon as the preset function data counting down to zero, the console sounds 8 beeps as a reminder. At this moment, the console will stop the workout. You may press **START/STOP** button to start the workout and counting up from the previous data.

G. Interrupt training:

During the workout, you may press **START/STOP** button to stop the training any time.

H. To reset program:

You may press **RESET** button to reset the **PROGRAM** and select the training mode and load difficulties under **STOP** mode. By pressing and holding the **RESET** button for 2 seconds, all data (including personal data) will be reset completely to factory default.

Button Functions

START/STOP: to start or stop training

MODE: to select each function of Time, Distance, Pulse presetting

UP: to increase or to scroll up

DOWN: to decrease or scroll down

RESET:

1. To reset each function of Time, Distance, Pulse function figures.
2. To reset program setting and back to initial selection mode with Manual, Program, User, or Target Heart Rate all blinking display.

RECOVERY: to check pulse recovery status – User must use Hand Grip sensors or wears chest strap

TOTAL RESET: to clear all setting to the monitor.

CONSOLE OPERATIONS (cont'd)

Functions:

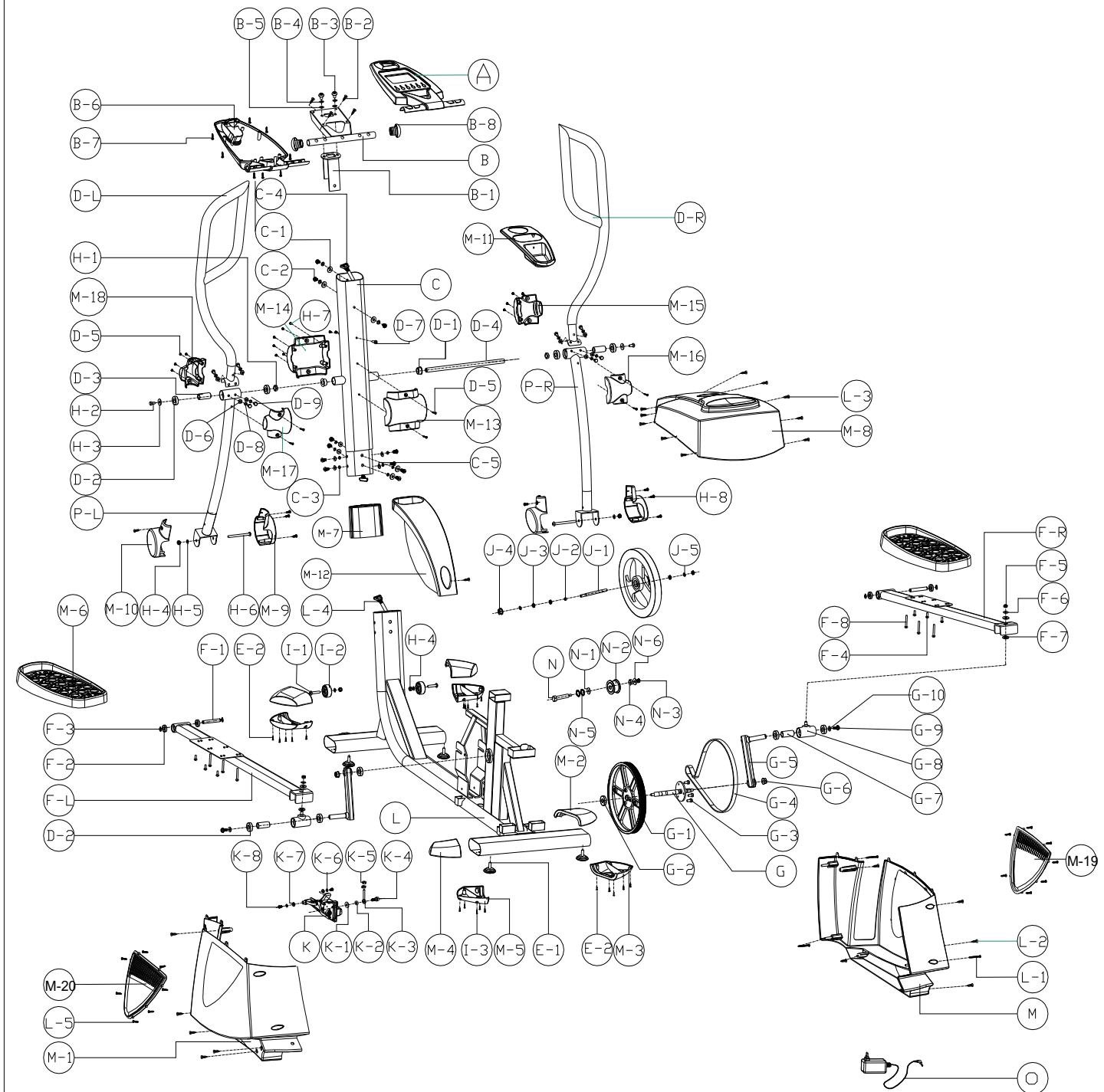
- TIME:** Count Up - The computer starts counting up from 00:00 up to 99:59 during training.
Count Down - The computer will count down from the preset time to 00:00.
- SPEED:** Displays the current SPEED from 0.0 to maximum 99.9 mi.
- DISTANCE:** Count Up - The computer accumulates total workout distance from 0.00 to the max. 99.90 mi. during training.
Count Down - The computer will count down from the preset Distance to 0.00.
- CALORIES:** Count Up- The computer accumulates the calories consumption from 0 to the max 999 cal during training.
Count Down - The computer will count down from the preset Calories to 0.
This data is a rough guide for comparison of different exercise sessions that should not be used for medical treatment purposes.
- PULSE:** Heart rate can be measured at anytime during the workout. A profile of a heart starts flashing when the user starts placing both hands on the grips or wears a chest strap (optional accessory available for purchase from BH North America) during the workout with the wireless receiver module plugged in. The heart rate display ranges from 0 to 240 BPM. You may preset target heart rate to assist with the training. The options you may have are as the following:
Alarm - If you set the target pulse in Manual or Program 1, the console will alarm to remind as soon as your measured heart rate matches that of the set value.
Load adjustment - If you set the target heart rate in program 2, the load difficulty will be controlled by your current heart rate value compared with the targeted value (refer to the Training in program 2)
- RECOVERY:** After exercising for a period of time, press "**RECOVERY**" on the console then hold on to the grips, all display function will stop except for "Time". Time starts counting down. When the time expired, the display will report your heart rate recovery status with the grade F1 to F6 with F1 being the best, and F6 being the worst. You may keep exercising to improve the heart rate recovery status daily from F6 up to F1. Press the **RECOVERY** button again to return to the main display.

Additional Operating Instructions:

1. Stop pedaling for 90 seconds, console will turn off to conserve battery power, pressing any key will not wake up the console.
2. Start pedaling above 15 RPM, the console will wake up.
3. After 90 seconds, user may press RECOVERY button to test heart rate recovery status and place hands on the hand grips or wear chest strap with the wireless module plugged in at the console.
4. Plug in the AC adaptor to operate the unit and to charge the chassis battery as needed
5. To safely use this product do not exceed 120 RPM cadence; it is not recommended.

EXPLODED VIEW

(Use key numbers to reference the part numbers.)



PARTS LIST

Item	Description	Specifications	Qty.	Item	Description	Specifications	Qty.
A	Console	LCD	1 pc	H-7	Round cross screw	M4x40L	8 pcs
B	Fixed handlebar		1 st	H-8	Round cross screw	M3x40L	4 pcs
B-1	Handlebar fixed base		1 pc	I-1	Cone hex.screw	M8xP1.25x35L	2 pcs
B-2	Cone cross screw	M4x12L 8mm	4 pcs	I-2	Transportation wheel	φ57xφ8x20	2 pcs
B-3	Cone hex.screw	M8xP1.25x20L(6mm)	2 pcs	I-3	Flat head cross screw	3/16" (#10)x3/4" 35#	4 pcs
B-4	Spring washer	φ8	2 pcs	J	Flywheel set	φ277.2*32W(9kg)(φ34)	1 pc
B-5	Flat washer	φ8xφ16x2t	2 pcs	J-1	Flywheel axle	3/8"-26x128L	1 pc
B-6	Monitor lower cover			J-2	Sleeve	φ10xφ14x6mml(Q235)	1 pc
B-7	Round cross screw	M3x40L	11 pcs	J-3	Nut	3/8"-26x4.5t 30#	4 pcs
B-8	End cap	φ1"(STR)	2 pcs	J-4	Nut	3/8"-26 30#	1 pc
C	Handlebar post		1 pc	J-5	Washer	φ10xφ17x1t 30#	2 pcs
C-1	Flat washer	φ8xφ19x2t	7 pcs	K	Magnetic set	10	1 pc
C-2	Cone hex.screw	M8xP1.25x20L(6m/m)	11 pcs	K-1	Flat washer	φ8xφ19x2t	1 pc
C-3	Spring washer	φ8	11 pcs	K-2	Sleeve	φ10xφ14x6mml(Q235)	1 pc
C-4	Cable	50L12P+12P	1 pc	K-3	Chain	M6*φ18*63L	1 pc
C-5	Semicircular washer	φ8xφ19x2t Q235	4 pcs	K-4	Screw for gear box	M8*22L (13L)	1 pcs
D-L	Upper Swing		1 st	K-5	Hex. Nut	M6	2 pcs
D-R	Upper Swing		1 st	K-6	Spring washer	φ6 65Mn	2 pcs
D-1	Bushing	φ26.7xφ17.12x15L	2 pcs	K-7	Flat washer	φ6xφ13x1t Q235	2 pcs
D-2	Bearing	6003RS	4 pcs	K-8	Hex. Screw	M6xP1.0*16L 30#	2 pcs
D-3	Bushing	φ17.2xφ23x52L	2 pcs	L	Main frame		1 pc
D-4	Handlebar fixed clamp	φ17x364L(M8x23L)(45 #)	1 pc	L-1	Cone cross screw	M4x50L	3 pcs
D-5	Cone cross screw	M5xP0.8x20L	12 pcs	L-2	Cone cross screw	3/16? (#10) x3/4?	11 pcs
D-6	Semicircular washer	φ8xφ16x2t	8 pcs	L-3	Cone cross screw	M3x10L	10 pcs
D-7	Cone cross screw	M5xP0.8x40L 30#	1 pc	L-4	Cable lower	12P +7 2P,3P	1 pc
D-8	Spring washer	φ8	8 pcs	L-5	Cone cross screw	M3x10	14 pcs
D-9	Hex. Screw	M8*P1.25*12L	8 pcs	M	Chain cover(Right)	(ABS) 1327.7g	1 pc
E-1	Adjustable end cap	(PVC)φ50	4 pcs	M-1	Chain cover(Left)	(ABS)1327.7g	1 pc
E-2	Round cross screw	M3x20L	16 pcs	M-2	End cap (right up)	432C (ABS)96.7g	2 pcs
F-L	Pedal arm (left)	30x70x1.5tx1116.7L (90°)	1 pc	M-3	End cap (right bottom)	432C (ABS)94.4g	2 pcs
F-R	Pedal arm (right)	30x70x1.5tx1116.7L (90°)	1 pc	M-4	End cap (left up)	432C (ABS)96.7g	2 pcs
F-1	Bushing	φ8.2xφ12x80L	2 pcs	M-5	End cap (left bottom)	432C (ABS)94.4g	2 pcs
F-2	Bearing	6001RS	4 pcs	M-6	Pedal(R+L)	RLA7015(PP+TPR)	2 pcs
F-3	C ring	φ12(65Mn)	4 pcs	M-7	Handlebar Post Cover	877C(ABS)	1 pc
F-4	Cone cross screw	M5xP0.8x14L 30#	6 pcs	M-8	Upper cover	(ABS)	1 pc
F-5	Nylon nut	3/8"x7t 14	2 pcs	M-9	Lower Right	(ABS) 75.5g	2 pcs
F-6	Flat washer	φ10xφ30x2t	2 pcs	M-10	Lower Left Handlebar	(ABS) 77.3g	2 pcs
F-7	Plastic spacer		4 pcs	M-11	Bottle	877C(ABS)	1 st
F-8	Cone cross screw	M5xP0.8x45L	6 pcs	M-12	Cover	(ABS)	1 pc
G	Axle	φ20*165L FP-954	1 pc	M-13	Cover	(ABS)135.7g	1 pc
G-1	Pulley	φ289*9 φ20	1 pc	M-14	Cover	(ABS)134g	1 pc
G-2	Bearing	6004RS	2 pcs	M-15	Front Right Handlebar	(ABS)60.1g	1 pc
G-3	Hex. Screw	M8xP1.25x12Lx5t 13	3 pcs	M-16	Back Right Handlebar	(ABS)50.2g	1 pc
G-4	Belt	J8 1143m/m(J8 450)	1 pc	M-17	Back Left Handlebar	(ABS)50.2g	1 pc
G-5	Crank	G244	2 pcs	M-18	Front Left Handlebar	(ABS)60.1g	1 pc
G-6	Nut	M10xP1.25x10T	2 pcs	M-19	Decorative	877C(ABS)190g	1 pc
G-7	Bushing	φ17.2xφ23x52L	2 pcs	M-20	Decorative cover(Left)	877C(ABS)190g	1 pc
G-8	Pedal arm connect	φ31.8*32L	2 pcs	N	Idler clamp		1 pc
G-9	Nylok screw	M8xP1.0x20L(30#)	2 pcs	N-1	Flat washer	φ10xφ18x1t	1 pc
G-10	Flat washer	φ10xφ20x2t	2 pcs	N-2	Idler wheel	φ24xφ37x24.5mml	1 pc
H-1	Bushing	φ17.2xφ23x8L	2 pcs	N-3	Nylon nut	M8 30#	1 pc
H-2	Nylok screw	M8xP1.0x20L(30#):8.8	2 pcs	N-4	Sleeve	φ10xφ14x6mml(Q235)	1 pc
H-3	Flat washer	φ10xφ20x2t	2 pcs	N-5	Wave washer	φ10.5xφ15x0.3t	2 pcs
H-4	Nylon nut	M8 30#	4 pcs	N-6	Flat washer	φ10xφ18x2t	1 pc
H-5	Flat washer	φ8xφ16x1t Q235	2 pcs	O	Adaptor	120V 60HZ,9VDC 1A	1 pc
H-6	Cone hex.screw	M8xP1.25x100L 6,21	2 pcs	P-L	Lower Swing Handlebar(Left)	φ38.1*2t*655L(90°)	1 st
				P-R	Lower Swing Handlebar(Right)	φ38.1*2t*655L(90°)	1 st



WARRANTY

LIMITED ONE (1) YEAR LABOR; FIVE (5) YEAR PARTS

From date of purchase, by original consumer purchaser, BH North America will repair or replace, at its option, free of charge ONE (1) YEAR labor and /or FIVE (5) YEAR parts which are defective as a result of material or workmanship with the exception of any cosmetic component which will be covered for NINETY (90) DAYS from the date of purchase. Any component that is a customer point of assembly will only be replaced; labor is not covered.

FRAME

BH North America warrants a lifetime replacement of the frame should it deem defective as a result of material or workmanship from date of purchase by original consumer purchaser

COMMERCIAL OR RENTAL USE

If a Bladez product is used for commercial or rental purposes the warranty is void.

THIS WARRANTY DOES NOT COVER

- Pre-delivery set-up
- Components that require replacement due to dirt or lack of regular maintenance
- Expendable items which become worn during normal use.
- Repairs necessary because of operator abuse or negligence or the failure to operate and maintain the equipment according to the instructions contained in the Owner's Manual.

**FOR WARRANTY REPAIRS, PLEASE DO NOT TAKE
YOUR MACHINE BACK TO THE RETAIL STORES.
CONTACT BLADEZ FITNESS FIRST!**

BH North America Corporation
20155 Ellipse
Foothill Ranch, CA 92610
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Web: www.bhnorthamerica.com
Toll Free: 866-325-2339
Mon - Fri 8am - 5pm PST

This warranty applies only while this product is in use in the Canada.

This warranty is in addition to any statutory warranty and does not exclude or limit legal rights you may have but shall run concurrently with applicable provincial legislation. Furthermore, some provinces do NOT allow limitation on how long an implied warranty will last so the above limitations may not apply.